

Easy and Economical Snack Ideas

The prices used for this study were obtained on December 29, 2005, from the most economical brands and package sizes available at the Albany Hannaford Market.

Snack	Food Item (Portion size)	Purchase Price	Purchase Amt.	Purchase Unit	Cost/ Portion Size	Total Snack Cost/Portion
2 Cheese Pizza Muffins	Eng. Muffin (1 muffin)	\$0.79	6	muffins	\$0.13	\$0.37
	Mozz Cheese (1 oz)	\$2.99	16	ounces	\$0.19	
	Pizza Sauce (1oz)	\$0.79	15	ounces	\$0.05	
1/2 Cheese Sandwich w/ Lettuce & Tomato	Am. Cheese (1 oz)	\$11.29	80	ounces	\$0.14	\$0.36
	Lettuce- fresh (1/8 C)	\$0.84	16	ounces	\$0.05	
	Tomato- fresh (1/8 C)	\$1.99	16	ounces	\$0.12	
	Bread (1 Slice)	\$0.99	24	slices	\$0.04	
Grapes & Graham Crackers	Grapes- fresh (3/4 C)	\$1.79	16	ounces	\$0.51	\$0.64
	Graham Crackers (4 squares)	\$1.99	60	squares	\$0.13	
1/2 Bagel with Grape Jelly & 1% Milk	Bagel (1/2)	\$0.89	12	bagel halves	\$0.07	\$0.25
	Grape Jelly (1 T)	\$1.19	45	Tbs	\$0.03	
	1% Milk (8 oz)	\$2.39	128	ounces	\$0.15	
1/2 Egg Salad Sandwich & Orange Juice	Egg (1 large)	\$1.39	18	eggs	\$0.08	\$0.29
	Mayonnaise (1T)	\$1.89	32	ounces	\$0.03	
	Bread (1 Slice)	\$0.99	24	slices	\$0.04	
	Orange Juice (6 oz)	\$2.99	128	ounces	\$0.14	
1/2 Turkey & Cheese Sandwich & 1% Milk	Turkey (1/2 oz)	\$6.99	16	ounces	\$0.22	\$0.48
	Am. Cheese (1/2 oz)	\$11.29	80	ounces	\$0.07	
	Bread (1 Slice)	\$0.99	24	slices	\$0.04	
	1% Milk (8 oz)	\$2.39	128	ounces	\$0.15	
1/2 Tuna Salad Sandwich & Fresh Pear	Tuna fish (1 oz)	\$0.69	6	ounces	\$0.14	\$0.60
	Mayonnaise (1T)	\$1.89	32	ounces	\$0.03	
	Bread (1 Slice)	\$0.99	24	slices	\$0.04	
	Fresh Pear (1 each)	\$1.29	16	ounces	\$0.39	
Cornflakes Cereal & 1% Milk	Cornflakes (1 Cup)	\$1.39	18	cups	\$0.08	\$0.23
	1% Milk (8 oz)	\$2.39	128	ounces	\$0.15	
String Cheese & 1 Wedged Apple	String Cheese (1 oz)	\$5.49	24	each	\$0.23	\$0.58
	Apple (1 each)	\$1.29	16	ounces	\$0.35	
Toasted English Muffin Halves with Peanut Butter & Grape Jelly & Apple Juice	Eng. Muffin (1 each)	\$0.79	6	muffins	\$0.13	\$0.36
	Peanut Butter (2 T)	\$4.79	114	Tbs	\$0.08	
	Grape Jelly (1 T)	\$1.19	45	Tbs	\$0.03	
	Apple Juice (6 oz)	\$2.49	128	ounces	\$0.12	

Note: Snacks without a beverage listed above would be served with water.

Portion sizes based on 6-12 year old meal pattern.

Calculations referenced from the *Food Buying Guide*.

Price Range	\$0.23 - \$0.64
Average Snack Cost	\$0.42